

S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2023 - 2024

ACTIVITY : MUSIC

TERM	MONTH	ACTIVITIES TO BE DONE
TERM - I	APRIL	NATIONAL ANTHEM, S.D.JAIN YOUTH SONG, GAYATRI MANTRA & PRAYER
	JUNE	WE SHALL OVER COME PRAYER & BASIC ALANKAR
	JULY	PRAYER SONG & ALANKARS
	AUGUST & SEPTEMBER	PRACTICE SESSION AND TERM - I EXAM
TERM - II	OCTOBER	GARBA SONG & ALANKARS
	NOVEMBER	PRAYER SONG (GUJARATI)
	DECEMBER	RAAG-BHUPALI & SARGAM GEET
	JANUARY	NATIONAL SONG & KRISHNA BHAJAN
	FEBRUARY	PRACTICE SESSION AND TERM - II EXAM
	MARCH	-

S.D.JAIN MODERN SCHOOL**STANDARD - III****SYLLABUS : 2023 - 2024****ACTIVITY : DANCE**

TERM	MONTH	ACTIVITIES TO BE DONE
TERM - I	APRIL	BOLLYWOOD DANCE STYLE ON NEW BOLLYWOOD SONG
	JUNE	HIP-HOP DANCE STYLE ON NEW SONG
	JULY	LYRICAL DANCE STYLE ON NEW SONG & PREPARATION OF INDEPENDENCE DAY DANCE
	AUGUST & SEPTEMBER	PRACTICE SESSION AND TERM - I EXAM
TERM - II	OCTOBER	TUTTING DANCE ON NEW SONG
	NOVEMBER	JAZZ DANCE STYLE ON NEW SONG
	DECEMBER	SHUFFLE DANCE STYLE ON MUSIC
	JANUARY	FREE DANCE STYLE ON NEW SONG & PREPARATION OF REPUBLIC DAY DANCE
	FEBRUARY	PRACTICE SESSION AND TERM - II EXAM
	MARCH	-

S.D.JAIN MODERN SCHOOL**STANDARD - III****SYLLABUS : 2023 - 2024****ACTIVITY : PT**

TERM	MONTH	ACTIVITIES TO BE DONE
TERM - I	APRIL	WARMUP EXERCISES & OUTDOOR RECREATION GAME
	JUNE	WARMUP EXERCISES & INDOOR GAME (CARROM)
	JULY	PARADE RULES, DRILL COMMANDS, WARMUP EXERCISES & INDOOR GAME (CHESS)
	AUGUST & SEPTEMBER	PRACTICE SESSION AND TERM - I EXAM
TERM - II	OCTOBER	WARMUP AND PT EXERCISES -1 TO 7 & OUTDOOR GAMES (BASKETBALL)
	NOVEMBER	WARMUP AND PT EXERCISES - 8 TO 15 & OUTDOOR GAME
	DECEMBER	SPORTS DAY SELECTION & RUNNING PRACTICE
	JANUARY	SPORTS DAY AND RECREATION GAME
	FEBRUARY	PRACTICE SESSION AND TERM - II EXAM
	MARCH	-

S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2023 - 2024

ACTIVITY : YOGA

TERM	MONTH	ACTIVITIES TO BE DONE
TERM - I	APRIL	CHANDRANAMASKAR, SURYA NAMASKAR (PRACTICE)
	JUNE	TADASANA,VAJRASANA,BALASANA, GAUMUKHASANA, PRANAYAMA, SURYA NAMASKAR (PRACTICE)
	JULY	VRIKSHASANA, THRIKONASANA-1, THRIKONASANA-2, CHANDRANAMASKAR
	AUGUST & SEPTEMBER	PRACTICE SESSION AND TERM - I EXAM
TERM - II	OCTOBER	NATRAJASANA , VIRABHADRASANA-1, VIRABHADRASANA-2, CHANDRANAMASKAR
	NOVEMBER	DHANURASANA, USTTRASANA, PAWANMUKTADANA, PASCHIMOTTANASANA, PRANAYAMA
	DECEMBER	BHUJANGASANA, ,HALASANA, SARVANGASANA, SURYA NAMASKAR (PRACTICE)
	JANUARY	ARDHCHAKRASANA,CHAKRASANA, BAKASANA, PADAHASTASANA
	FEBRUARY	PRACTICE SESSION AND TERM - II EXAM
	MARCH	-

S.D.JAIN MODERN SCHOOL**STANDARD - III****SYLLABUS : 2023 - 2024****ACTIVITY : SKATES**

TERM	MONTH	ACTIVITIES TO BE DONE
TERM - I	APRIL	BASIC BREATHING DEVELOPMENT AND WARM UP EXERCISES
	JUNE	HAND SWING AND FLEXIBILITY EXERCISE OF FULL BODY
	JULY	WARM UP EXERCISE OF UPPER AND LOWER BODY USING BASKETBALL
	AUGUST & SEPTEMBER	PRACTICE SESSION AND TERM - I EXAM
TERM - II	OCTOBER	V' STEPPING AND BACK 'V' STEPPING EXERCISES
	NOVEMBER	BODY POSTURE AND SIDE PUSH EXERCISES
	DECEMBER	AEROPLANE STEPPING , CAMEL STEPPING AND SITTING STEPPING
	JANUARY	90° DEGREE BENDING EXERCISES
	FEBRUARY	PRACTICE SESSION AND TERM - II EXAM
	MARCH	-

S.D.JAIN MODERN SCHOOL**STANDARD - III****SYLLABUS : 2023 - 2024****ACTIVITY : AEROBICS**

TERM	MONTH	ACTIVITIES TO BE DONE
TERM - I	APRIL	BASIC FITNESS STEPS ON MUSIC
	JUNE	BASIC STICK WORKOUT STEPS ON MUSIC
	JULY	LEGS WORKOUT STEPS ON MUSIC
	AUGUST & SEPTEMBER	PRACTICE SESSION AND TERM - I EXAM
TERM - II	OCTOBER	RUNNING WORKOUT STEPS ON MUSIC
	NOVEMBER	RING STEPS ON MUSIC
	DECEMBER	FLOOR WORKOUT STEPS ON MUSIC
	JANUARY	ZUMBA STEPS ON MUSIC
	FEBRUARY	PRACTICE SESSION AND TERM - II EXAM
	MARCH	-

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STANDARD - III

SYLLABUS : 2023 - 2024

ACTIVITY : TAEKWONDO

TERM	MONTH	ACTIVITIES TO BE DONE
TERM - I	APRIL	RIDING STANCE, LOOSE PUNCH
	JUNE	SNAP KICK
	JULY	STRETCHING TO AGILITY
	AUGUST & SEPTEMBER	PRACTICE SESSION AND TERM - I EXAM
TERM - II	OCTOBER	INSIDE KICK
	NOVEMBER	OUTSIDE KICK
	DECEMBER	DOWN BLOCK TO RISING BLOCK
	JANUARY	LINE DRILLS
	FEBRUARY	PRACTICE SESSION AND TERM - II EXAM
	MARCH	-